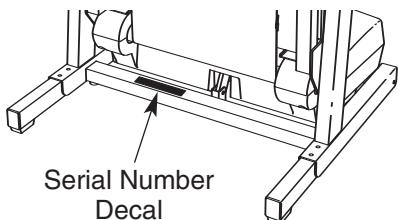


HEALTHRIDER® H120

Model No. HMTL39906.1

Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction.

If you have questions, or if there are missing or damaged parts, please call the telephone number on the warranty card accompanying this manual.

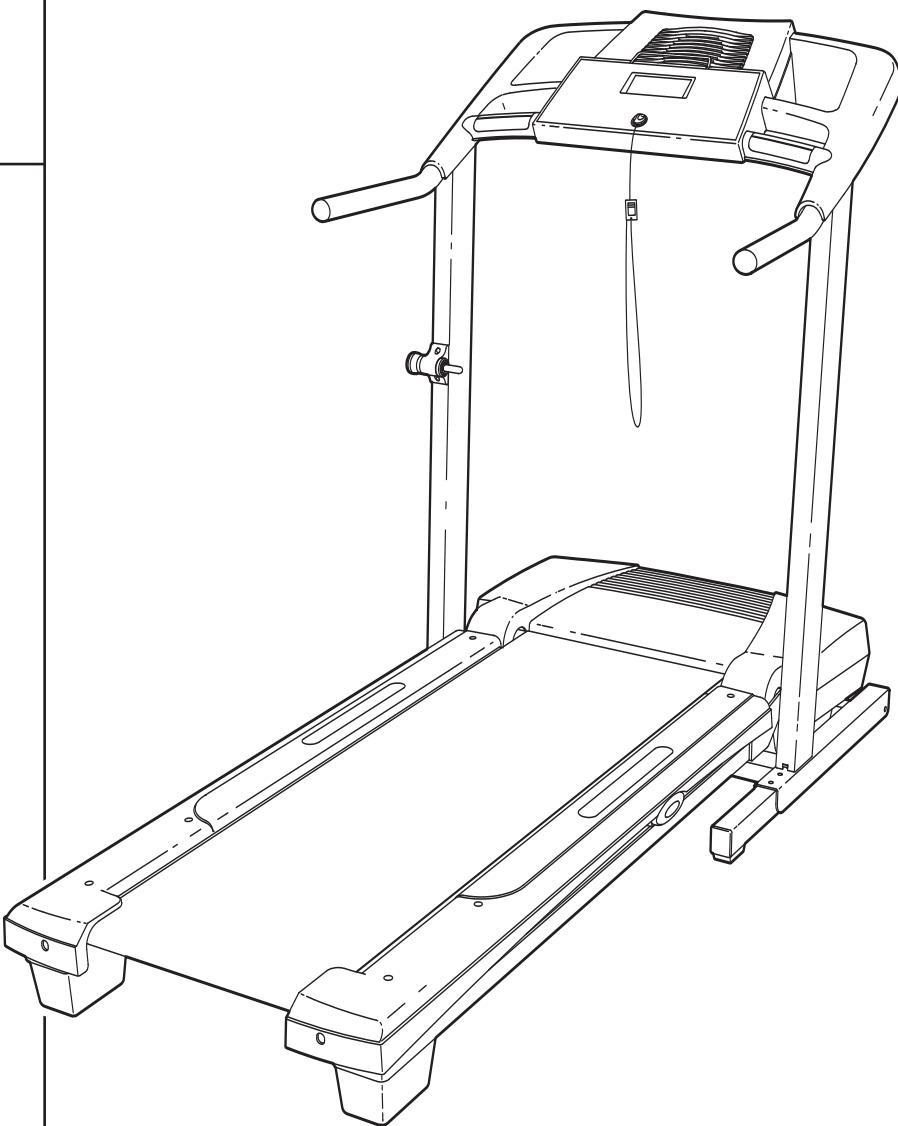
Electrical Specifications:
120V ~ 60Hz

Distributor:
Comercializadora México Americana, S. de R.L. de C.V.
Av. Nextengo No. 78
Col. Santa Cruz Acayucan
Del. Azcapotzalco
México D.F., C.P. 02770
R.F.C. CMA-910911-9L0
Tel. 5899 12 00

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



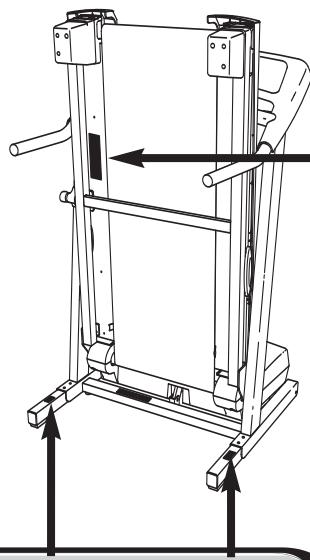
Visit our website at
www.healthrider.com
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	11
HOW TO FOLD AND MOVE THE TREADMILL	17
TROUBLESHOOTING	19
EXERCISE GUIDELINES	21
PART LIST	23
EXPLODED DRAWING	24
ORDERING REPLACEMENT PARTS	Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



! CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

! PRECAUCIÓN

Mantenga sus manos y pies alejados de esta área mientras la caminadora esté en operación.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 275 lbs. (125 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge sup-
- pressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 19 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening on the treadmill.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

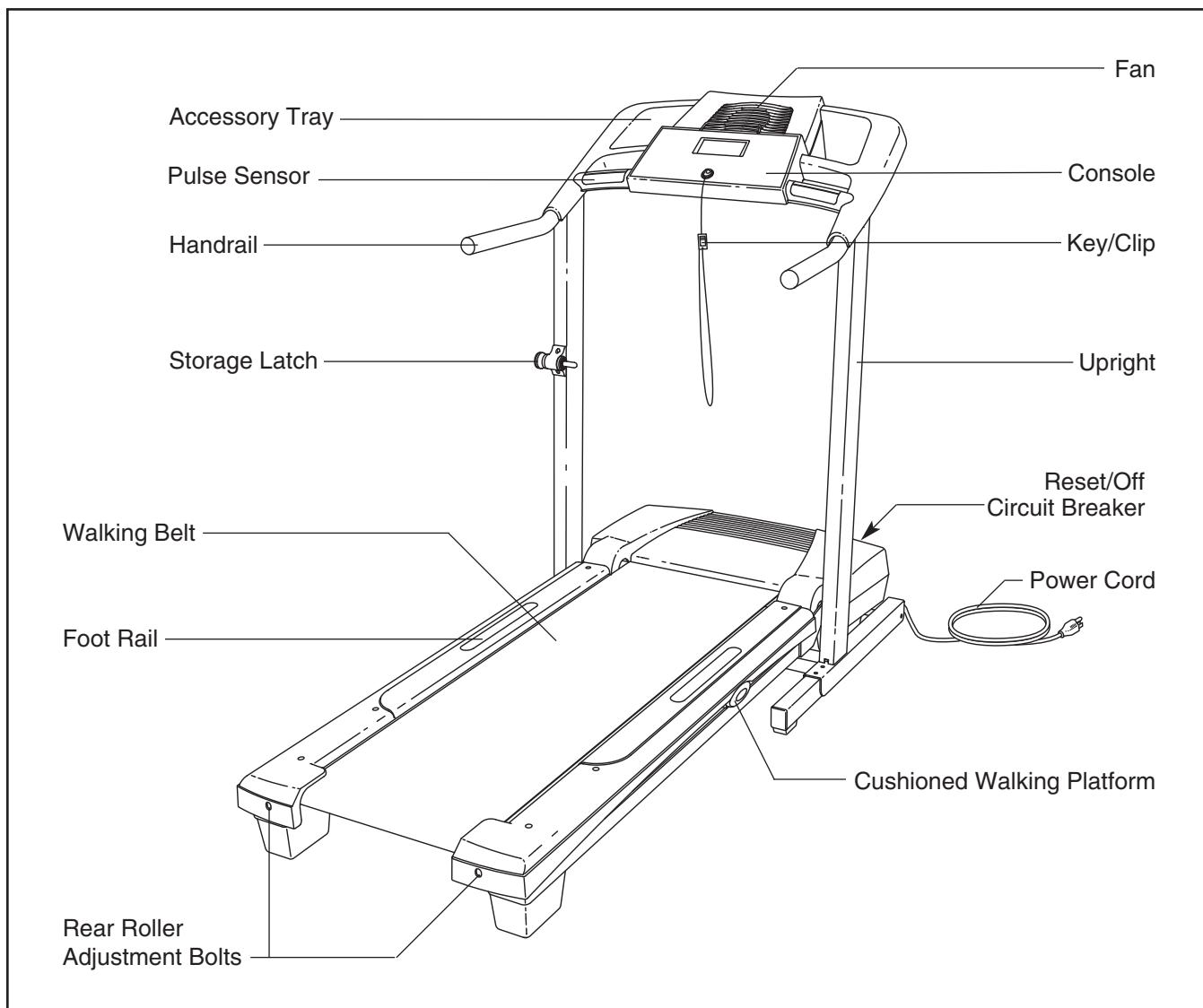
Thank you for selecting the new **HEALTHRIDER® H120** treadmill. The H120 treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the H120 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

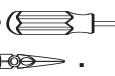
To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.healthriderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

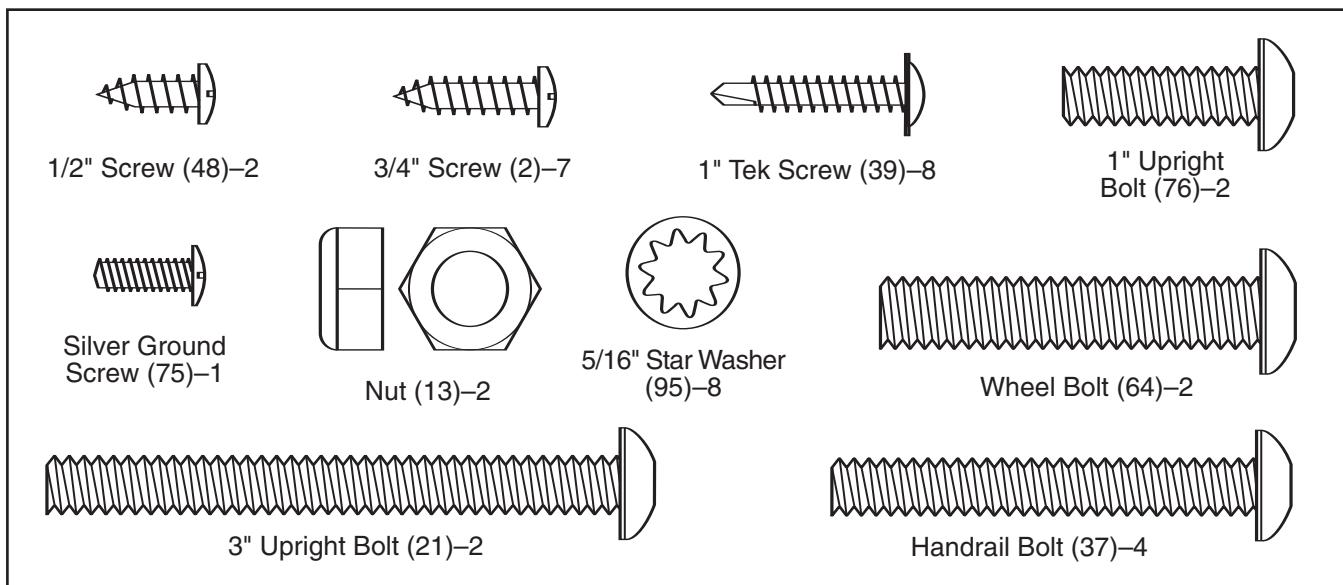


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key  and your own Phillips screwdriver  , rubber mallet  , adjustable wrench  , and needlenose pliers  .

For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, check to see if it has been pre-assembled. **To avoid damaging plastic parts, do not use power tools for assembly.**

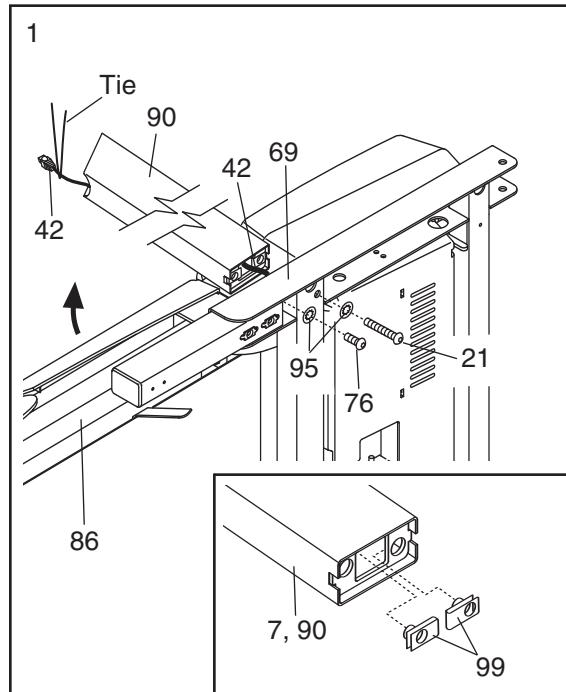


1. Make sure that the power cord is unplugged.

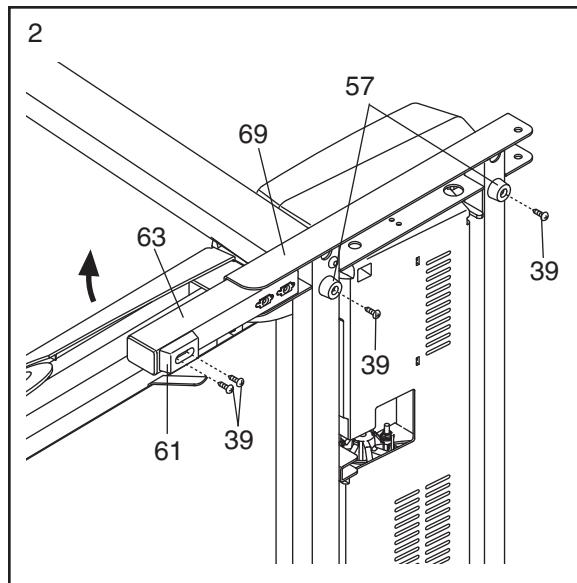
With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

See the inset drawing. Make sure that there are two U-Nuts (99) in the lower end of each Upright (7, 90). Identify the Right Upright (90) with the sticker. Hold the Right Upright near the right side of the Upright Base (69), with the Right Upright turned as shown. Feed the colored tie and Upright Wire (42) into the lower end of the Right Upright and out of the upper end. If necessary, use needlenose pliers to pull the tie out the upper end.

Pull on the end of the Upright Wire (42) to remove any slack as you hold the Right Upright (90) against the Upright Base (69); **be careful not to pinch the Upright Wire.** Start a 3" Upright Bolt (21) and a 1" Upright Bolt (76) with 5/16" Star Washers (95) into the Upright Base and the Right Upright as shown. **Do not tighten the Bolts yet.**

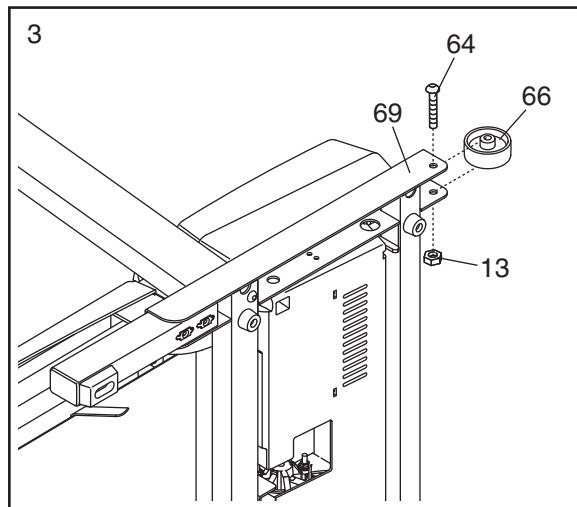


2. Attach two Round Base Pads (57) and an Extension Leg Pad (61) to the Upright Base (69) and Extension Leg (63) with four 1" Tek Screws (39) as shown.



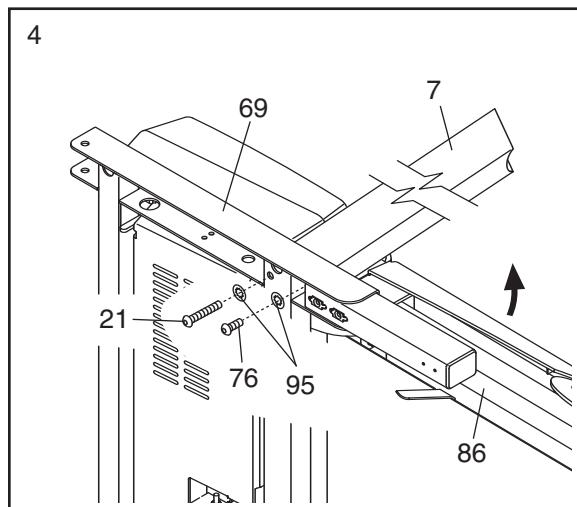
3. Attach a Wheel (66) to the Upright Base (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not overtighten the Wheel Bolt**; the Wheel should turn freely.

With the help of a second person, carefully tip the treadmill onto its other side.

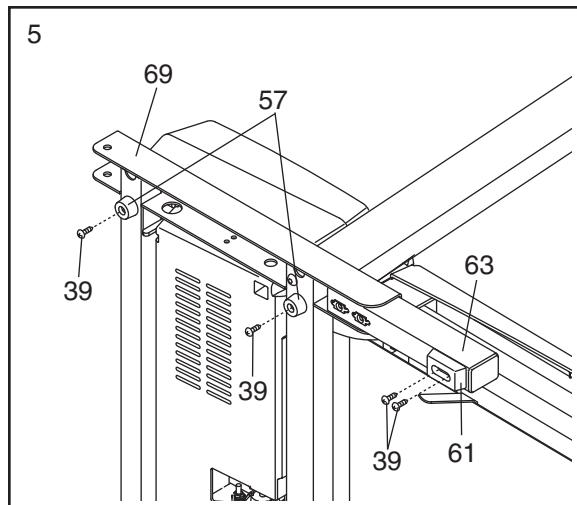


4. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled**.

Hold the Left Upright (7) against the Upright Base (69). Start a 3" Upright Bolt (21) and a 1" Upright Bolt (76) with 5/16" Star Washers (95) into the Upright Base and the Left Upright as shown. **Do not tighten the Bolts yet**.

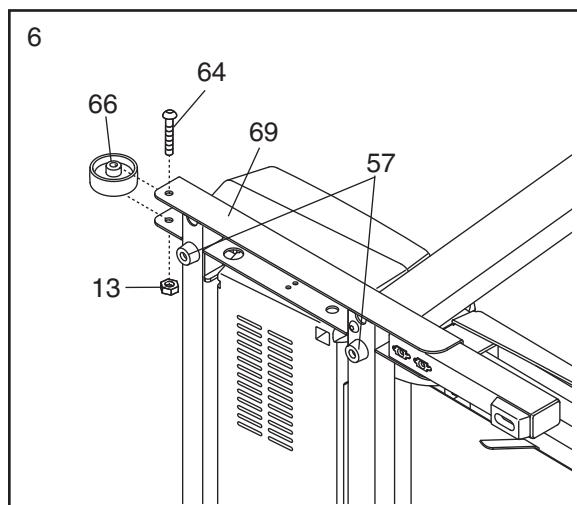


5. Attach two Round Base Pads (57) and an Extension Leg Pad (61) to the Upright Base (69) and Extension Leg (63) with four 1" Tek Screws (39) as shown.



6. Attach a Wheel (66) to the Upright Base (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not overtighten the Wheel Bolt**; the Wheel should turn freely.

With the help of a second person, carefully tip the treadmill up so the Round Base Pads (57) are on the floor.

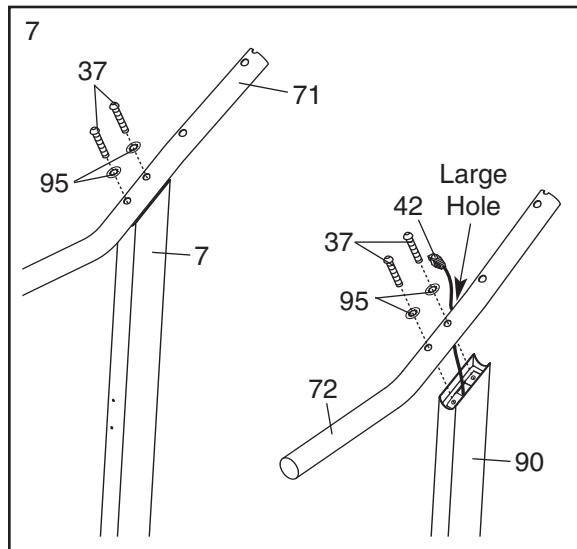


7. Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the colored wire and Upright Wire out of the hole.

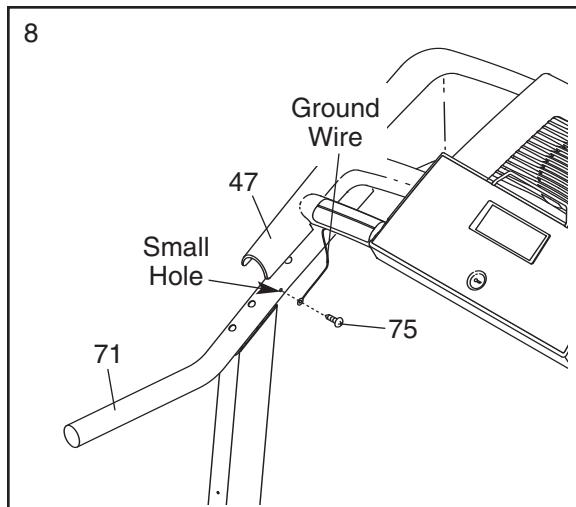
Then, attach the Right Handrail (72) to the Right Upright (90) with two Handrail Bolts (37) and two 5/16" Star Washers (95).

Attach the Left Handrail (71) to the Left Upright (7) in the same way. Note: There is not a wire on the left side.

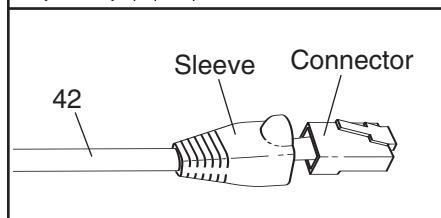
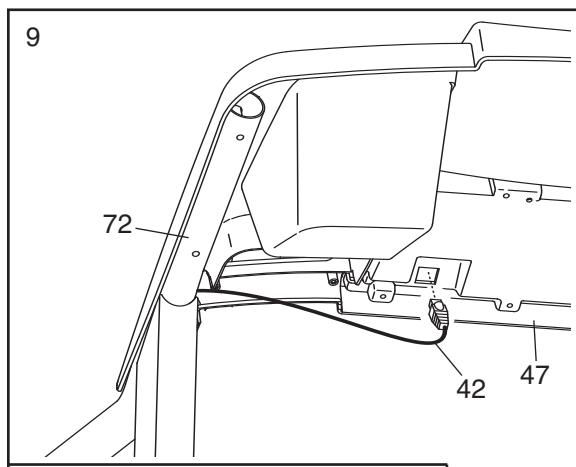
Remove the colored tie from the Upright Wire (42).



8. With the help of a second person, hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).

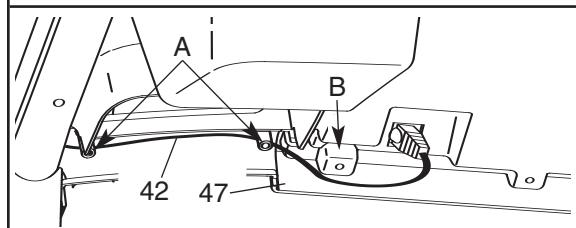
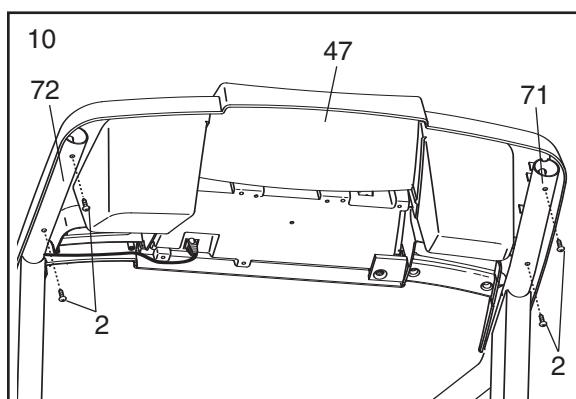


9. **Touch the Right Handrail (72) to discharge any static.** **See the inset drawing.** Slide the sleeve off the connector on the Upright Wire (42). Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, slide the sleeve back over the connector.

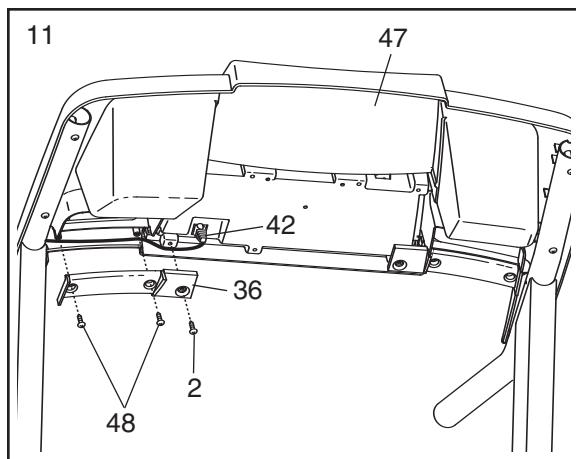


10. Set the Console Base (47) on the Handrails (71, 72). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not overtighten the Screws.**

See the lower drawing. Make sure that the Upright Wire (42) is routed below the two indicated round posts (A). Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).



11. Cover the Upright Wire (42) with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten two 1/2" Screws (48) and a 3/4" Screw (2) into the Right Grip Plate and the Console Base (47).

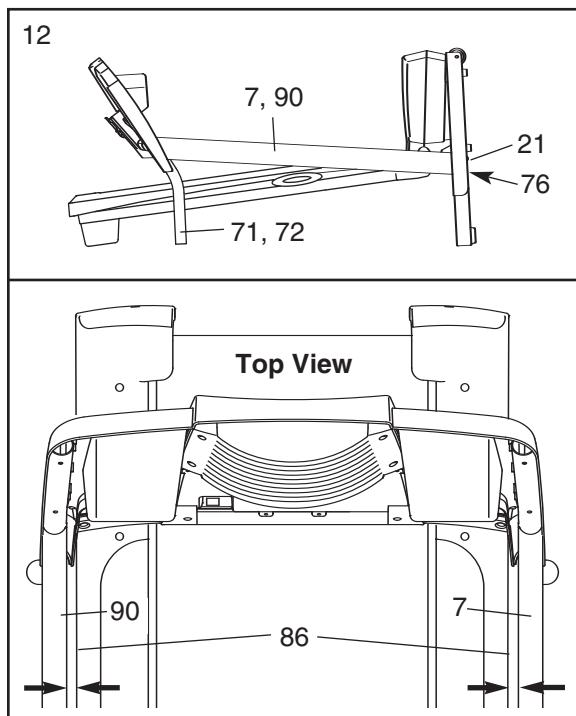


12. Carefully lower the Left and Right Handrails (71, 72) until they are touching the floor.

See the lower drawing. Position the Uprights (7, 90) so that the treadmill Frame (86) is centered between the Uprights.

Firmly tighten the two 3" Upright Bolts (21) and the two 1" Upright Bolts (76) used in steps 1 and 4.

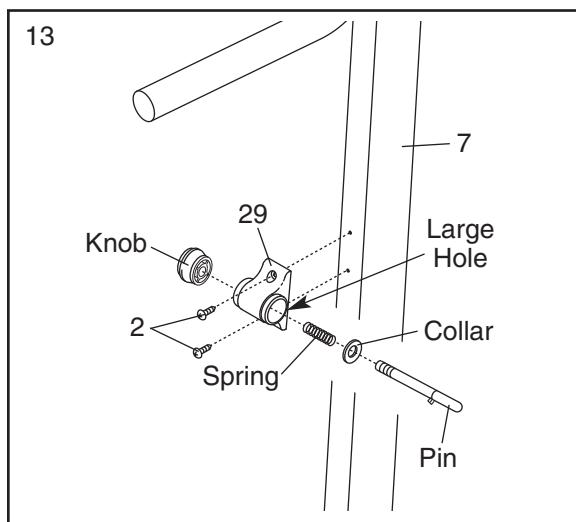
Raise the Uprights (7, 90) to the vertical position.



13. Attach the Latch Housing (29) to the Left Upright (7) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown.**

Remove the knob from the pin. **Make sure that the collar and the spring are on the pin as shown.** Then, insert the pin into the Latch Housing (29), and tighten the knob back onto the pin.

Plug in the power cord (see OPERATION AND ADJUSTMENT on page 11). **Next, change the incline of the treadmill to the lowest level as described on page 13.** If you do not do this, the latch may not hold the treadmill in the storage position.



14. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex key in a secure place; the large hex key is used to adjust the walking belt (see page 20). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local electronics store.**

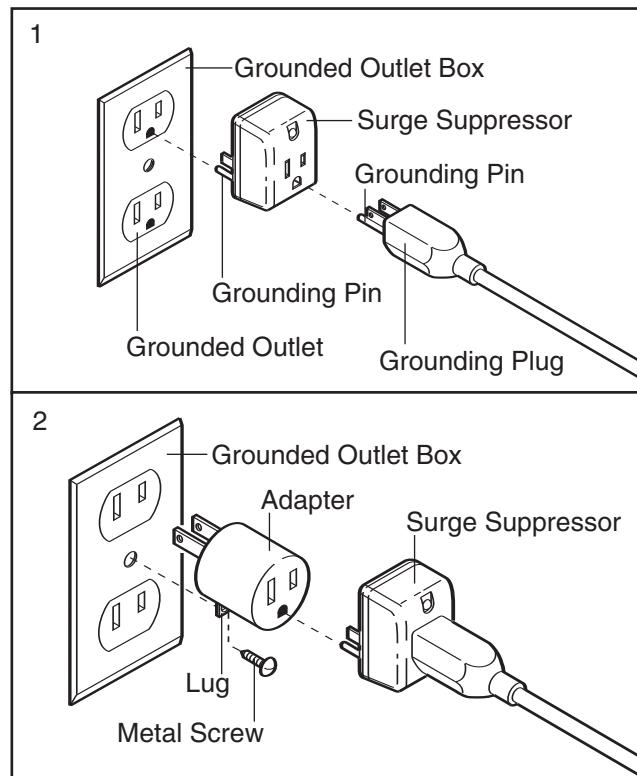
Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding

plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

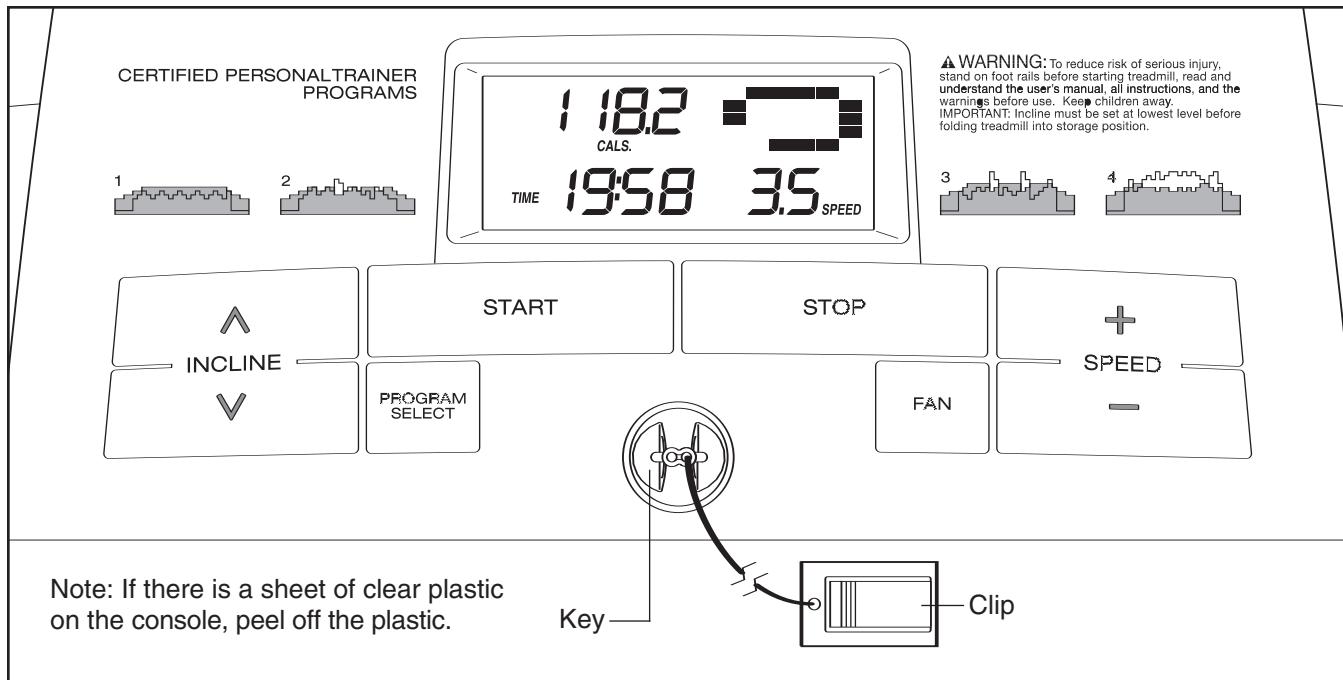
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.



The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers several features designed to make each workout more effective and enjoyable.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console features four personal trainer programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a personal trainer program**, see page 15.

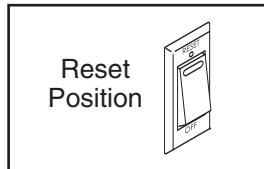
IMPORTANT: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 19).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 16. Note: For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

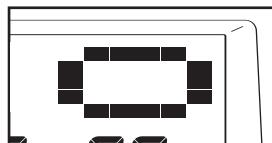
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

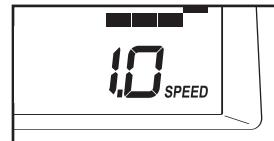
2. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the display.



3. Press the Start button or the Speed + button to start the walking belt.

When either button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed + button.

4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button. Each time a button is pressed, the incline will change by 0.5%. Note: After a button is pressed, it may take a moment for the treadmill to reach the selected incline setting.



5. Follow your progress with the display.

When the manual mode is selected, a track representing 1/4 mile will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The upper left corner of the display will show the approximate number of calories you have burned during your workout.



The lower left corner of the display will show the elapsed time and the distance that you have walked or run during your workout. The lower left corner of the display will also show the incline level of the treadmill for a few seconds each time the incline setting changes. Note: When a personal trainer program is selected, the lower left corner of the display will show the time remaining in the program instead of the elapsed time.



The lower right corner of the display will show the speed of the walking belt. When you use the handgrip pulse sensor, the lower right corner of the display will also show your heart rate.

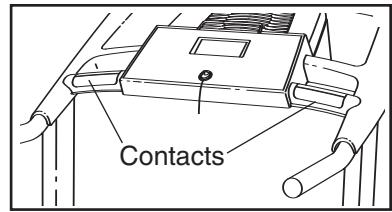


To reset the display, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—



avoid moving your hands. When your pulse is detected, the heart symbol in the display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features low and high speed settings. Press the fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PERSONAL TRAINER PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select a personal trainer program.

To select a Certified Personal Trainer Program, press the Program Select button repeatedly until "P- 1," "P- 2," "P- 3," or "P- 4" appears in the display. When a personal trainer program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the upper right corner of the display.

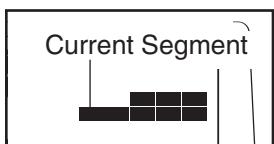


3. Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound



and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the display.

See step 5 on pages 13 and 14.

5. Measure your heart rate if desired.

See step 6 on page 14.

6. Turn on the fan if desired.

See step 7 on page 14.

7. When you are finished exercising, remove the key from the console.

See step 8 on page 14.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a system of measurement.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An "E" for English miles or an "M" for metric kilometers will appear in the lower right corner of the display. Press the Speed increase button to change the unit of measurement, if desired.

Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and in-

sert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the lower right display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



The upper left corner of the display will show the total number of hours that the treadmill has been used.



The lower left corner of the display will show the total number of miles or kilometers that the walking belt has moved.



To exit the information mode, remove the key from the console.

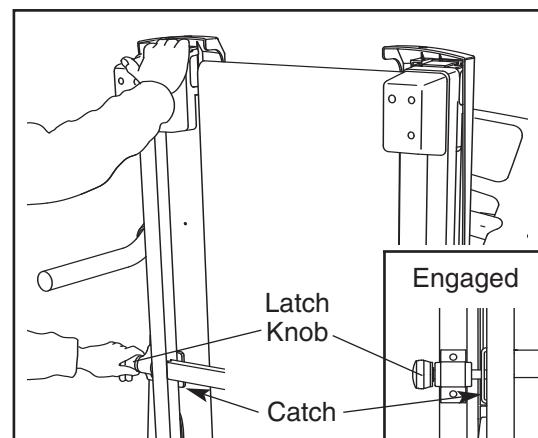
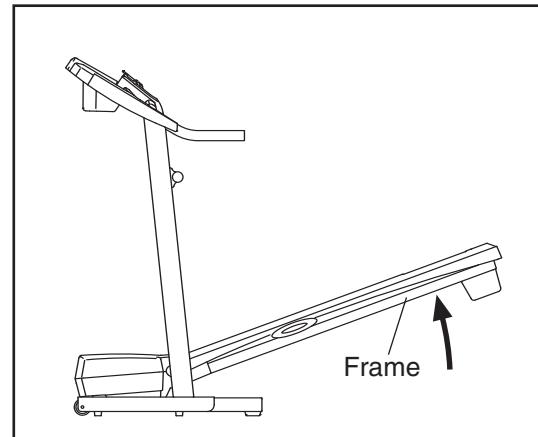
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, the treadmill may become permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Bend your legs and keep your back straight; as you raise the frame, make sure to lift with your legs rather than your back. Raise the frame about halfway to the vertical position.
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the catch.**

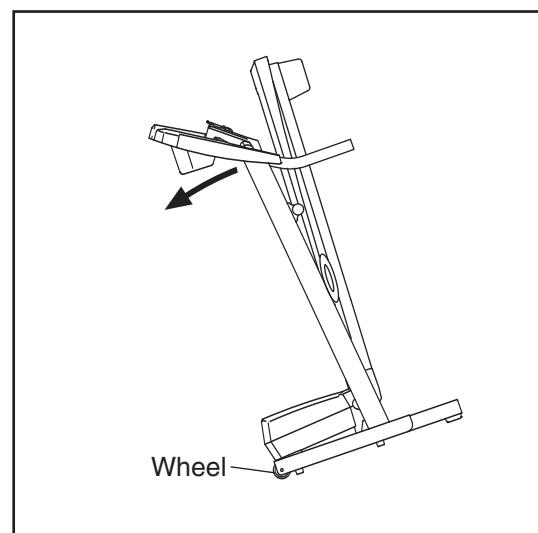
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

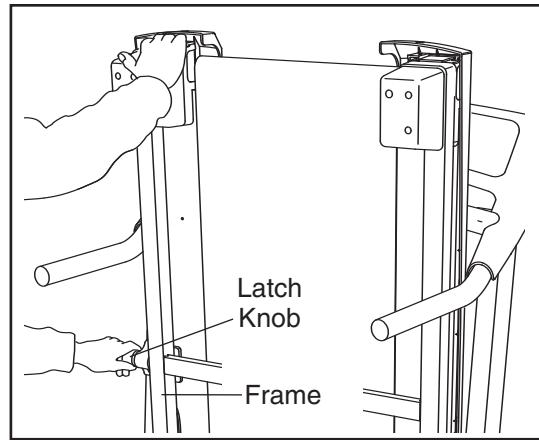
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the catch.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

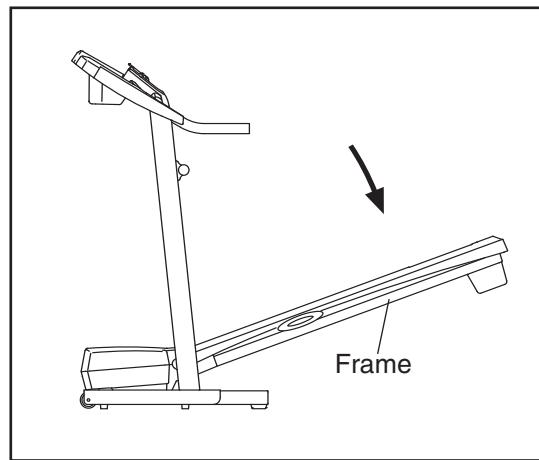


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Then, release the latch knob.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



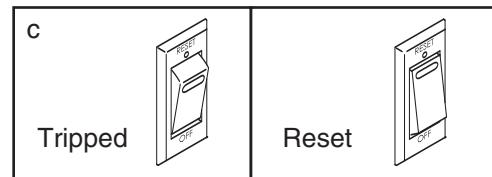
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

- b. After the power cord has been plugged in, make sure that the key is inserted into the console.
- c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



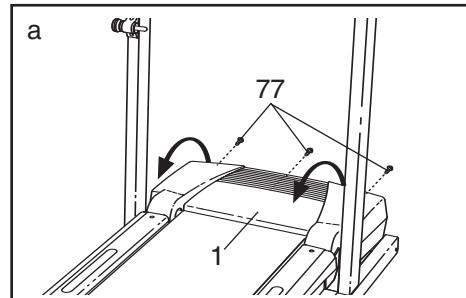
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

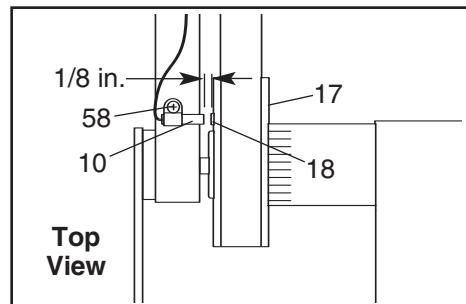
- b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- c. Remove the key from the console. Reinsert the key into the console.
- d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the Screws (77) from the Hood (1), and carefully pivot the Hood off.



Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm)**. If necessary, loosen the Screw (58), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



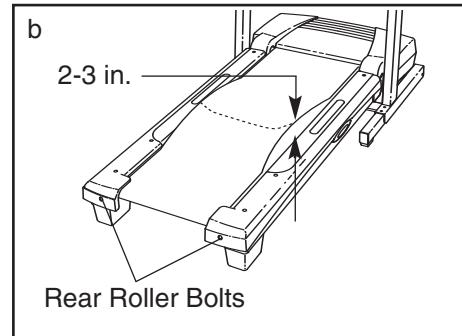
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 16 to turn off the demo mode.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

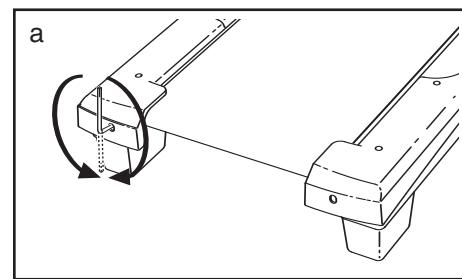
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



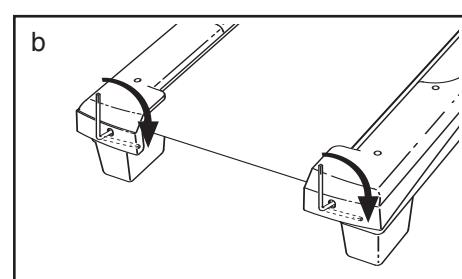
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

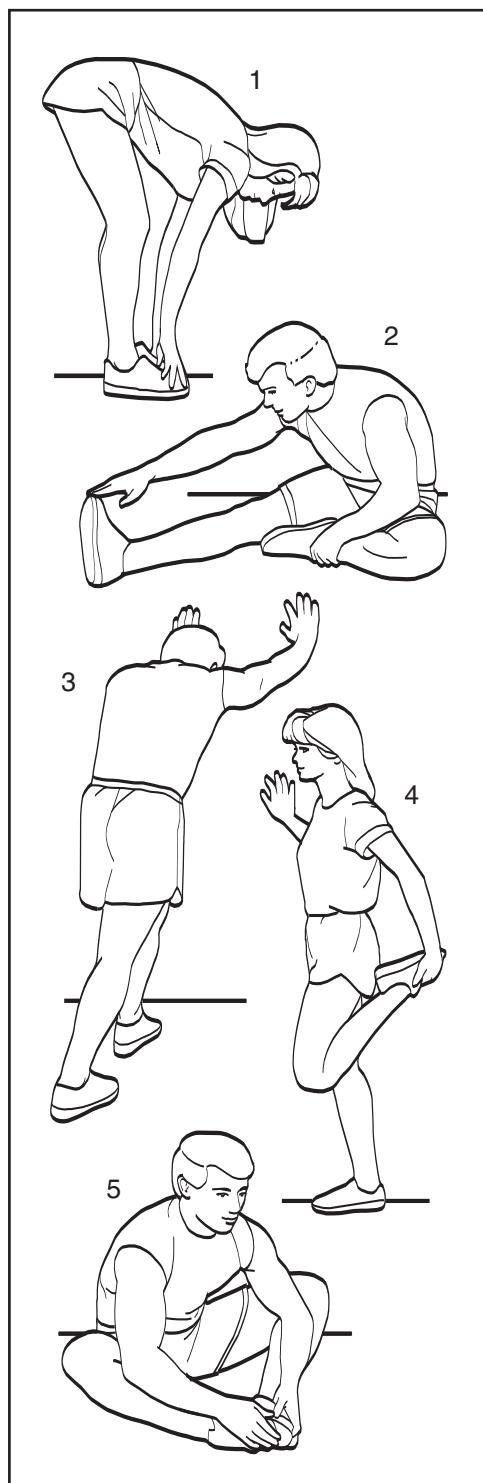
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. HMTL39906.1

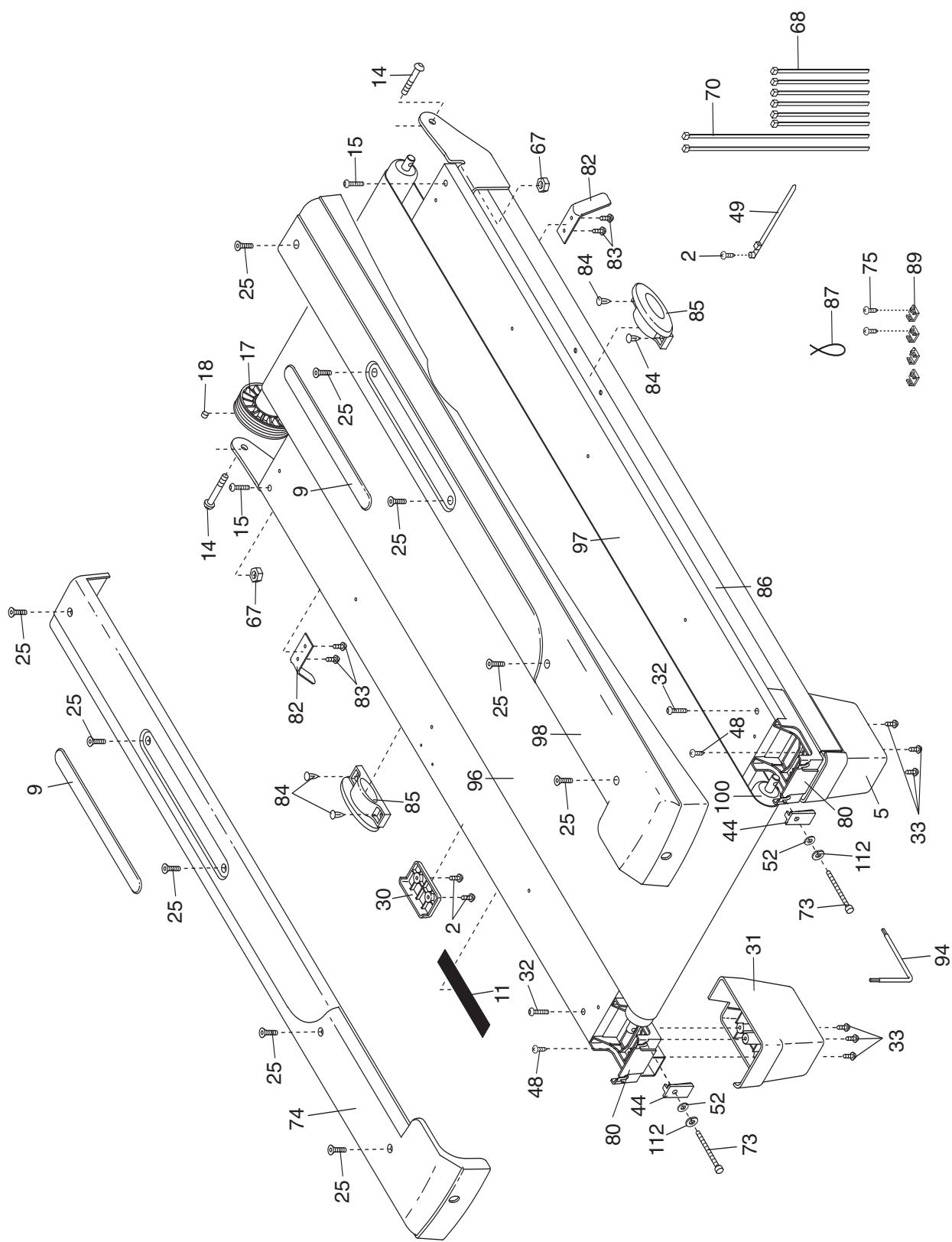
R0607A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	42	1	Upright Wire	84	4	Isolator Fastener
2	24	3/4" Screw	43	1	Console	85	2	Isolator Cushion
3	1	Motor Belt	44	2	Rear Roller Plate	86	1	Frame
4	2	Motor Tension Bolt	45	1	Book Holder	87	1	Releasable Tie
5	1	Right Rear Endcap	46	4	Extension Leg Nut	88	1	Reset/Off
6	1	Motor Star Washer	47	1	Console Base			Circuit Breaker
7	1	Left Upright	48	6	1/2" Screw	89	4	Cable Tie Clamp
8	1	Drive Motor	49	1	Wire Clamp	90	1	Right Upright
9	2	Foot Rail Cover	50	1	Key/Clip	91	1	Sensor Clip
10	1	Reed Switch	51	1	Incline Motor	92	1	Power Inlet Bracket
11	1	Latch Warning Decal	52	2	Rear Roller Washer	93	1	Flat Washer
12	2	Frame Spacer	53	1	Incline Motor	94	1	Hex Key
13	9	Nut			Bolt, Lower	95	12	5/16" Star Washer
14	2	Frame Pivot Bolt	54	2	Incline Pivot Bolt	96	1	Walking Belt
15	2	Platform Screw, Front	55	1	Filter Wire	97	1	Walking Platform
16	2	Lower Handrail	56	1	Motor Controller Wire	98	1	Right Foot Rail
		Endcap	57	4	Round Base Pad	99	8	U-nut
17	1	Front Roller/Pulley	58	5	3/4" Tek Screw	100	1	Rear Roller
18	1	Magnet	59	1	Controller	101	1	Optic Disk
19	1	Motor Pivot Bolt	60	1	Lift Frame	102	1	Optic Disk Sensor
20	2	Motor Bracket Bolt	61	2	Extension Leg Pad	103	1	Motor Mount Bracket
21	2	3" Upright Bolt	62	2	Caution Decal	104	1	Latch Pin Assembly
22	3	Hood Clip	63	2	Extension Leg	105	1	Small Nut
23	1	Power Cord Grommet	64	2	Wheel Bolt	106	1	Small Bolt
24	1	Small Star Washer	65	2	Base Endcap	107	2	Upper Handrail
25	10	Foot Rail Screw	66	2	Wheel			Endcap
26	1	Outlet Bracket Screw	67	2	Platform Nut	108	1	Upper Incline
27	1	Console Fan	68	6	8" Cable Tie			Motor Bolt
28	2	Motor Tension Nut	69	1	Upright Base	109	1	Console Pulse Wire
29	1	Latch Housing	70	2	15 1/2" Wire Tie	110	1	Left Pulse Plate
30	1	Catch	71	1	Left Handrail	111	1	Right Pulse Plate
31	1	Left Rear Endcap	72	1	Right Handrail	112	2	Rear Roller
32	2	Platform Screw, Rear	73	3	Roller Adj. Bolt			Lock Washer
33	6	Rear Endcap Screw	74	1	Left Foot Rail	113	1	8" Wire Tie
34	1	Left Grip Plate	75	5	Silver Ground Screw	*	—	4" Blue Wire, 2F
35	1	Incline Sensor Wire	76	2	1" Upright Bolt	*	—	4" Black Wire, M/F
36	1	Right Grip Plate	77	5	Belly Pan Screw	*	—	8" Green Wire, F/R
37	8	Handrail Bolt	78	1	Incline Stop Bracket	*	—	4" Red Wire, M/F
38	1	Fan Housing	79	1	Power Cord	*	—	User's Manual
39	8	1" Tek Screw	80	2	Rear Roller Bracket			
40	1	Ground Wire	81	1	Belly Pan			
41	1	Front Roller	82	2	Belt Guide			
		Star Washer	83	4	Belt Guide Screw			

*These parts are not illustrated
Specifications are subject to
change without notice.

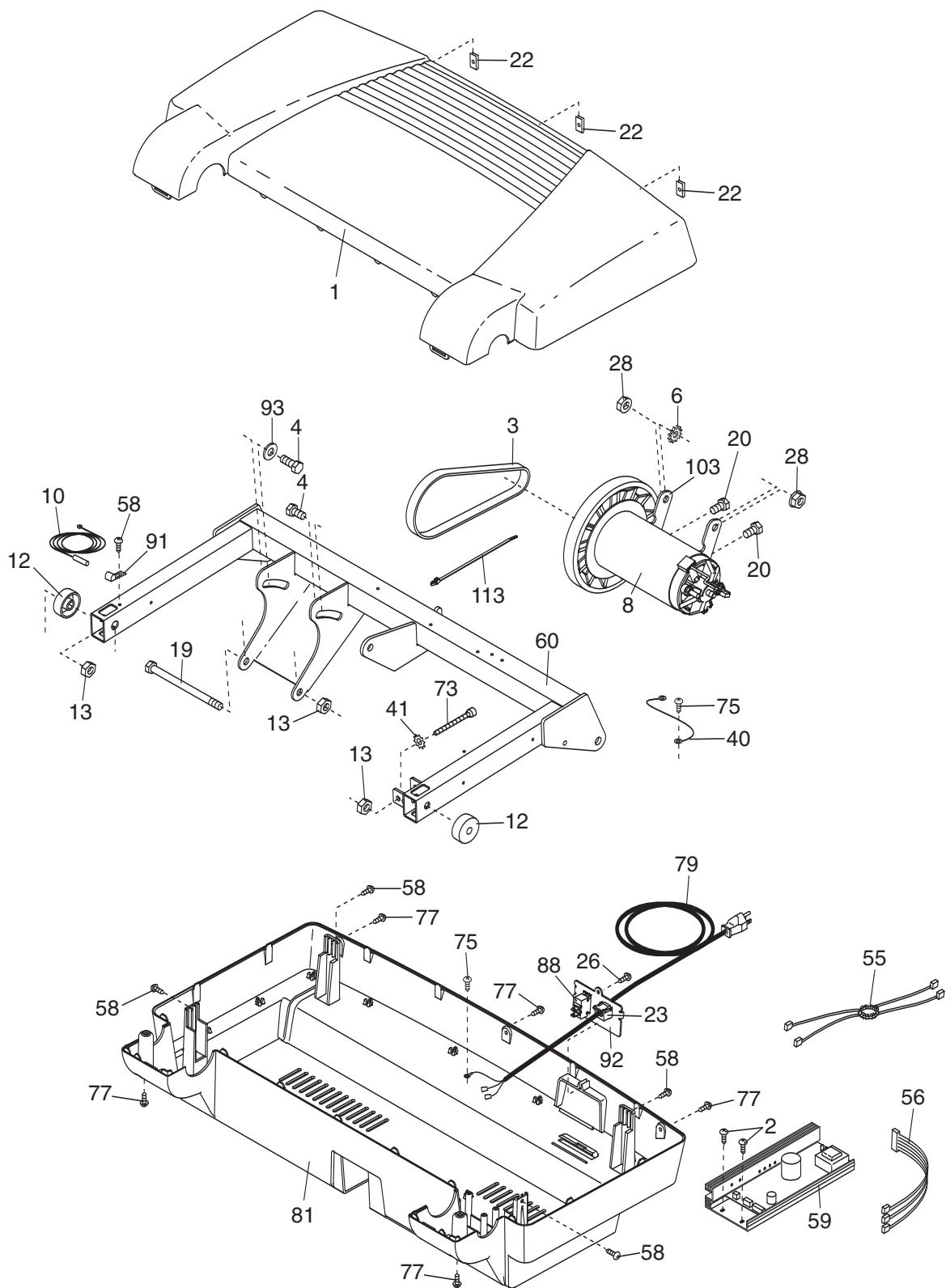
EXPLODED DRAWING A—Model No. HMTL39906.1

R0607A



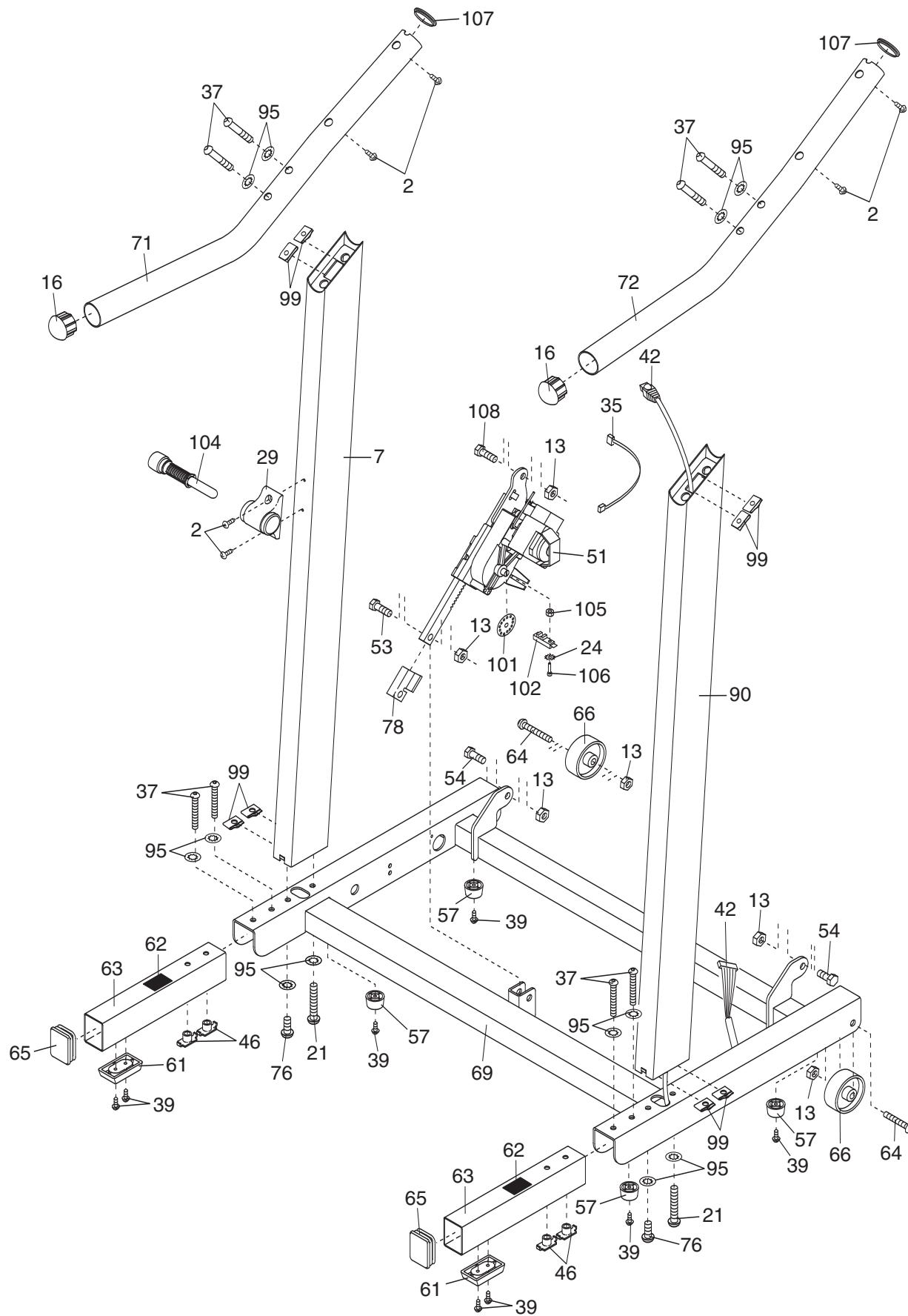
EXPLODED DRAWING B—Model No. HMTL39906.1

R0607A



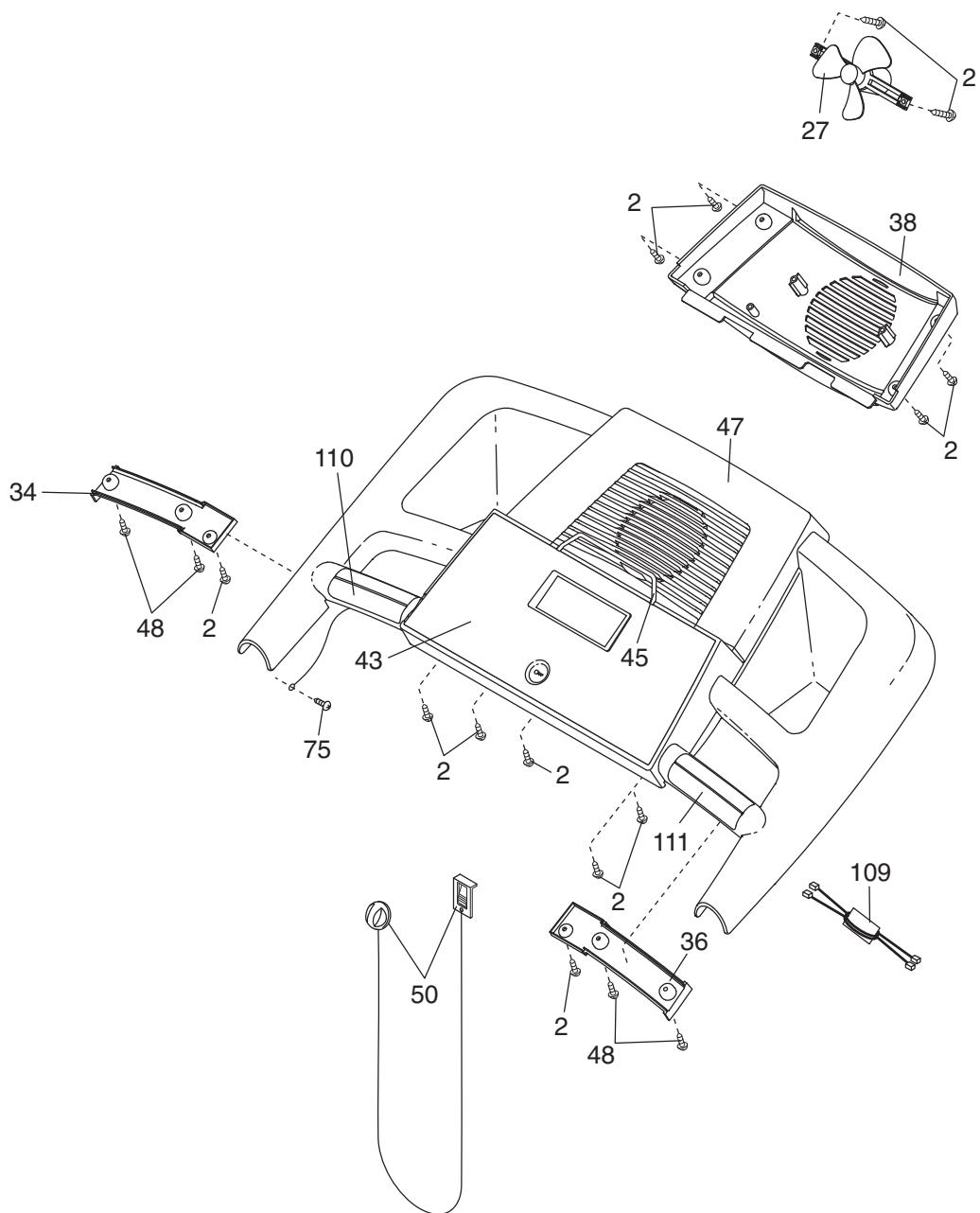
EXPLODED DRAWING C—Model No. HMTL39906.1

R0607A



EXPLODED DRAWING D—Model No. HMTL39906.1

R0607A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement parts(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)